

SCIENTIFIC PROGRAM

Tuesday, June 8, 2010

POSTER SET-UP

7:00am – 8:00am

Posters should be assembled for display during this time and should not be dismantled until 4:45pm.

PLENARY SESSION

8:00am – 9:00am

I 04: New Adventures in Sleep Quality

Daniel Buysse, MD

Psychologist Level of Content: Intermediate

Objectives:

1. Describe the importance of sleep quality from patient and scientific perspectives.
2. Compare the strengths and limitations of self-report and objective measures of sleep.
3. Discuss the complex relationships between self-report and objective sleep measures.

ORAL PRESENTATIONS

9:00am – 10:00am

Authors selected for oral presentations are allotted a 10-minute time period to present their abstract, followed by a 5-minute time period for questions and answers.

⊙ 11: Insomnia in Medical Disorders

Psychologist Level of Content: Intermediate

Objective: Evaluate insomnia in patients with medical disorders.

⊙ 12: Metabolic Consequences of Obstructive Sleep Apnea

Psychologist Level of Content: Advanced

Objective: Inventory the endocrine and weight consequences of obstructive sleep apnea.

⊙ 13: Instrumentation: Measuring Sleep Loss Outside the Lab

Psychologist Level of Content: Intermediate

Objective: Appraise data supporting various methods for measuring sleep loss.

⊙ 14: Hypersomnia: Epidemiological and Sleep Laboratory Aspects

Psychologist Level of Content: Intermediate

Objective: Summarize findings about excessive daytime sleepiness in patients.

EXHIBIT HALL OPEN

10:00am – 4:00pm

REFRESHMENT BREAK IN THE EXHIBIT HALL

10:00am – 10:15am

DISCUSSION GROUP

10:15am – 12:15pm

D 03: The Current Procedural Terminology (CPT) and Relative Value Scale Update Committee (RUC)

Chair: Sam Fleishman, MD

Faculty: Judy Coy, RN; and Gerald Rich, MD

Psychologist Level of Content: Introductory

Objectives:

1. Describe the CPT and RUC processes and distinguish between the two processes.
2. Describe the history of the sleep medicine codes currently found in CPT.
3. Explain recent events/activities related to the current and proposed new CPT codes.
4. Discuss how these revisions and additions to the CPT codes help shape the future of sleep medicine.

SCIENTIFIC PROGRAM

Tuesday, June 8, 2010

SYMPOSIA

10:15am – 12:15pm

S 07: The Role of Chronobiology and Sleep in Adolescent Psychiatry

Co-Chairs: Roseanne Armitage, PhD; and Naomi Rogers, PhD

Faculty: Mary Carskadon, PhD; and Graham Emslie, MD

Psychologist Level of Content: Intermediate

Objectives:

1. Analyze the new experimental and scientific evidence that will further our understanding of the role of the circadian and sleep-wake systems in adolescent psychiatric disorders, including depression and bipolar disorder.
2. Review experimental techniques used in the assessment of circadian rhythms and sleep-wake behavior in adolescents and present data on healthy individuals.
3. Discuss the importance of having common measures of circadian rhythms, sleep-wake behaviour, neurocognitive and psychiatric variables across research studies.
4. Examine circadian and sleep-wake changes in adolescents with bipolar disorder and how these factors may contribute to neurocognitive changes associated with this and other affective disorders.
5. Discuss a range of early risk factors related to the circadian and sleep-wake systems that have been found to be associated with the onset of adolescent depression.

S 08: Hypothalamic-Brainstem Versus Neocortical Regulation of Sleep; Independent or Integrated Mechanisms?

Chair: Ronald Szymusiak, PhD

Faculty: Chiara Cirelli, MD, PhD; Marcos Frank, PhD; Thomas Kilduff, PhD

Psychologist Level of Content: Advanced

Objectives:

1. Summarize what is known about cellular and molecular mechanisms of sleep regulation at the level of the hypothalamus and neocortex.
2. Identify anatomical and molecular mechanisms through which the cortical and subcortical regulation of sleep might interact.

S 09: Neural Correlates of Daytime Dysfunction due to Sleep Disturbance: Evidence from Different Neuroimaging Techniques

Co-Chairs: Melinda Jackson, PhD; and Paul Macey, PhD

Faculty: Julian Lim, MA; and Fergal O'Donoghue, MD, PhD

Psychologist Level of Content: Advanced

Objectives:

1. Describe structural neural changes, measured with neuroimaging, associated with obstructive sleep apnea and the relationship of such changes with mood, cognitive dysfunction and cardiovascular outcomes.
2. Examine how functional neuroimaging can be used to assess individual differences in cognitive vulnerability and differences in neurocognitive performance during sleep loss.
3. Outline current research utilizing magnetic resonance spectroscopy to examine neural changes in obstructive sleep apnea patients and the association of such changes with daytime dysfunction.

S 10: Research on Candidate Genes Involved in Responses to Sleep Deprivation in Healthy Adults: What are the Virtues and Vagaries?

Chair: David Dinges, PhD; and Namni Goel, PhD

Faculty: Hans-Peter Landolt, PhD; and Emmanuel Mignot, MD, PhD

Psychologist Level of Content: Advanced

Objectives:

1. Compare the neurobehavioral and homeostatic effects of various genetic polymorphisms on differential vulnerability to sleep loss and discuss how the contributions of these polymorphisms might vary under different types of sleep loss (acute total vs. partial sleep deprivation).
2. Discuss criteria for identifying phenotypic responses to sleep deprivation and how genetic variations inform interventions and countermeasures for sleep loss in healthy individuals and in those with sleep disorders.
3. Discuss important methodological issues germane to candidate gene studies for phenotypic responses to sleep deprivation.

SCIENTIFIC PROGRAM

Tuesday, June 8, 2010

POSTER VIEWING

10:15am – 12:15pm

MEET THE PROFESSORS

12:30pm – 1:30pm

Pre-registration is required. See page 40 for complete details.

Member fee: \$45 Nonmember fee: \$55

CE credits for psychologists are not provided for these sessions.

M 09: Use and Abuse of BiPAP Therapy

David Rapoport, MD

M 10: Resetting the Human Circadian Pacemaker with Light

Charles Czeisler, MD, PhD

M 11: Phenomena of Dreaming

James Pagel, MD

M 12: Optimizing Insomnia Treatment

Colin Espie, PhD

M 13: Neurobiology of Sleep Onset

Ronald Szymusiak, PhD

M 14: Evaluation and Treatment of Parasomnias in Adults

Bradley Vaughn, MD

M 15: Sleep in Autism and Other Neurodevelopmental Disorders

Beth Malow, MD

M 16: Parenting and Children's Sleep in Normal Development and Clinical Practice

Avi Sadeh, DSC

LUNCH AND LEARN: A PRO/CON DEBATE

12:30pm – 1:30pm

Pre-registration is required. See page 41 for complete details.

Member fee: \$40 Nonmember fee: \$50

CE credits for psychologists are not provided for these sessions.

L 02: Best Approach for CPAP Intolerant Subjects: Oral Appliance vs. Surgery

Faculty: Dennis Bailey, DDS; and Edward Weaver, MD

Objectives:

1. Discuss indications for oral appliance therapy.
2. Discuss criteria for oral appliance selection.
3. Discuss oral appliance therapy in combination with surgery and CPAP.
4. Review the scientific evidence on the pros and cons of sleep apnea surgery.
5. Compare pros/cons of sleep and surgery and oral appliance therapy.

SCIENTIFIC PROGRAM

Tuesday, June 8, 2010

INVITED LECTURERS

1:30pm – 2:30pm

See pages 9-13 for more information about these invited lecturers.

I 05: Sleep and Brain Plasticity: Past, Present and Future Marcos Frank, PhD

Psychologist Level of Content: Advanced

Objectives:

1. Describe current concepts of brain plasticity.
2. Discuss historical approaches to understanding the role of sleep in brain plasticity.
3. Review evidence that sleep contributes to a classic form of in vivo cortical plasticity.

I 06: When It Comes to Sleep, Are Women Really so Different from Men? Kathryn Lee, PhD, RN

Psychologist Level of Content: Intermediate

Objectives:

1. Describe how the menstrual cycle and hormones influence women's sleep patterns.
2. Discuss how sleep differs for new mothers and fathers.
3. Analyze discrepancies between women's self-report and objective sleep measures.

ORAL PRESENTATIONS

1:30pm – 2:30pm

Authors selected for oral presentations are allotted a 10-minute time period to present their abstract, followed by a 5-minute time period for questions and answers.

⊙ 15: Treatment Advancements in Restless Legs Syndrome

Psychologist Level of Content: Advanced

Objective: Compare therapeutic advances in restless legs syndrome.

⊙ 16: Epidemiological Correlates of Normal and Abnormal Sleep

Psychologist Level of Content: Intermediate

Objective: Summarize normal and abnormal sleep using a variety of research and clinical methods.

⊙ 17: Psychopathology and Sleep in Children and Adolescents

Psychologist Level of Content: Intermediate

Objective: Evaluate sleep disturbance in pediatric patients with psychiatric disorders.

⊙ 18: Cardio-respiratory Mechanisms and Sleep

Psychologist Level of Content: Advanced

Objective: Appraise data reviewing respiration and sleep using various animal models. Summarize a study of the impact of OSA on the timing of stroke and acute coronary syndromes.

REFRESHMENT BREAK IN THE EXHIBIT HALL

2:30pm – 2:45pm

CLINICAL WORKSHOP

2:45pm – 4:45pm

⊙ 02: Developing Guidelines and Toolkits for Behavioral Sleep Medicine in Pediatric Practices – Experiences from the Autism Treatment Network

Psychologist Level of Content: Intermediate

Chair: Beth Malow, MD

Faculty: Kelly Byars, PsyD; Daniel Glaze, MD; Kyle Johnson, MD; Shelly Weiss, MD

Objectives:

1. Discuss the spectrum of behaviorally-based techniques to treat insomnia in children with autism spectrum disorders and related disorders of neurodevelopment.
2. Identify how sleep specialists and pediatricians can work together to identify and treat sleep disorders with behaviorally-based techniques.
3. Discuss the initiatives that the Autism Treatment Network is developing to empower pediatricians to implement behaviorally-based sleep therapies in their practices.

SCIENTIFIC PROGRAM

Tuesday, June 8, 2010

DISCUSSION GROUPS

2:45pm – 4:45pm

D 04: Sleep and Alertness: How to Improve Driving Safety

Chair: Anita Shelgikar, MD

Faculty: J. Todd Arnedt, PhD; Jack Bernard; Howard Leaman, MD; Allan Pack, PhD, MBChB; Pierre Philip, MD, PhD

Psychologist Level of Content: Introductory

Objectives:

1. Review current knowledge about the effects of sleepiness on driving.
2. Discuss known and unknown issues related to management, enforcement of driving safety and legal implications in patients with sleep disorders.
3. Examine methods to improve assessment of driving safety in patients with sleep disorders.

D 05: Participant Observation of a Mock NIH R01 Application Review

Co-Chairs: Andrew Krystal, MD; and Kathryn Lee, PhD, RN

CE credits for psychologists are not provided for this session.

Objectives:

1. Describe the key parts and important sets in the NIH grant application process.
2. Describe the role of NIH staff in assignment of research grant applications and the roles of a primary reviewer, secondary reviewer and discussant.
3. Discuss the scoring criteria used to review NIH research applications, the overall review process and how a final score is determined and funding decisions are made.

ORAL PRESENTATIONS

2:45pm – 4:45pm

Authors selected for oral presentations are allotted a 10-minute time period to present their abstract, followed by a 5-minute time period for questions and answers.

19: Treatment Approaches to Obstructive Sleep Apnea

Psychologist Level of Content: Advanced

Objective: Compare and contrast various treatment approaches to obstructive sleep apnea.

20: Insomnia: Biological Dimensions

Psychologist Level of Content: Intermediate

Objective: Explain the relationship between biological factors and insomnia.

21: Clock Resetting and Circadian Physiology

Psychologist Level of Content: Intermediate

Objective: Examine treatments for circadian rhythm sleep disorders and methods for altering normal circadian rhythms.

22: Relationship of Sleep and Psychiatric Functioning

Psychologist Level of Content: Intermediate

Objective: Evaluate sleep disturbance in patients with psychiatric disorders.